

## Part 3, Chapter 29: The Amazing Properties of Lemon Water

This is one obscure health protocol that doesn't get a lot of press. Rather like drinking Bragg's apple cider vinegar, this seems too simple to be effective. I'm not going to get into a big discussion on this topic but it is a habit that is extremely beneficial. It's a habit that I engage in first thing almost every morning. Here's what you do.

Take a 12 ounce glass of filtered or distilled water. (Distilled water is the better choice.) Take one lemon. Cut it in half and juice it in an electric citrus juicer. Pour the juice into the water and stir. Drink immediately. Oh, rinse the citrus juicer parts (to keep the mate happy). That's it.

Drinking lemon water every day has a profound effect on health. It doesn't have the impact that Bragg's apple cider vinegar has, but it does have an impact. The web site ActiveBeat published an article on this topic titled "10 Reasons to Wake Up To Lemon Water". There are actually many sites that talk about the benefits of this lemon water. I picked this site because it had an average sized list.



- 1 Promotes healthy hydration
- 2 Prompts glowing skin
- 3 Enhances immunity
- 4 Diminishes inflammation
- 5 Has antibacterial and antiviral benefits
- 6 Enhances digestion
- 7 Supports brain and nerve health
- 8 Thwarts UTIs
- 9 Helps ward off the growth of certain types of cancer
- 10 Naturally freshens breath<sup>{2}</sup>

There are other benefits, including dissolving mucus, but this covers the essential list. It's a very simple habit to do and, like adding Bragg's apple cider vinegar to fresh juices, does much to promote health.